



Australian Government



Year 6 and 7 students

Who's in my corner?

Knowing who you can ask for help makes things feel easier to manage. This resource helps you work out who your people are and what to do if you are not sure.

Before you begin, take a slow breath. It is okay if you are feeling worried. Asking for help is a great first step.

What makes someone safe to talk to?

A safe person is someone you feel comfortable talking to and who makes you feel supported.

This is different for everyone. It depends on your life and experiences. Safe people could be adults or peers, such as a parent, carer, coach or teacher. It could also be someone from your school, a family member or a friend from inside or outside school. This should be someone you know in person.

They may be able to help you directly or connect you with someone who can. Trusted adults are especially important when bullying or other harmful behaviours happen. If the first person doesn't help, tell someone else. Keep trying.

'Reaching out for help shouldn't feel so daunting, but somehow, it is one of the most vulnerable things someone being bullied can go through.'

– YOUNG PERSON, PROJECT ROCKIT NATIONAL YOUTH COLLECTIVE

People who are safe to talk to often have these qualities:

- ◉ They listen and don't judge or interrupt.
- ◉ They take you seriously.
- ◉ They believe you.
- ◉ They don't blame you.
- ◉ They want to help you find a solution.
- ◉ They respect your privacy, but they will share information if needed to keep you safe.
- ◉ They can be trusted.
- ◉ They care about you and are kind.
- ◉ They make you feel supported and heard.
- ◉ They treat you with respect.

'The person I would go to for help if I'm being bullied is someone who has already noticed I'm being bullied or even upset. That is someone I can trust.'

– YOUNG PERSON, PROJECT ROCKIT NATIONAL YOUTH COLLECTIVE

What do you think are the most important things that make someone feel safe to talk to?

Who is in my corner?

Think about people in your life who you feel you could talk to if you need support. This might be in person, by email or on the phone. Write these people in the sections below.

At school

Is there a teacher or staff member you feel comfortable talking to? Is there a friend you know you can trust?

In your wider life

Is there someone in your life, such as a coach, family friend or neighbour, who you can talk to?

'I'd want someone outside of school who doesn't know my friends, who has no connections to anybody. The only information they're getting is through me. They can help you process your thoughts by asking questions, and you realise, actually, wait, there's other stuff going on too.'

– YOUNG PERSON, PROJECT
ROCKIT NATIONAL YOUTH
COLLECTIVE

At home or in my family

Do you feel comfortable telling a parent, grandparent, sibling or cousin? Is there someone else in your family you could share your experience with?

What if I am not sure who my people are?

It is okay to leave sections blank. Go to the 'Connected resources' section for more support if you're finding it hard to think of someone to talk to. You can also talk to someone at the support organisations listed in 'Where to get more help', at the end of this resource.

You may feel unsure about who you would feel comfortable talking to. Building trust with someone takes time, and it is okay to start small.

If the first person doesn't listen or help, tell someone else. Keep trying.



Note

If something happened somewhere you were not supposed to be, like an online space you're not meant to be using, you might feel like you cannot tell anyone. But what happened to you still matters. It still deserves support, no matter where it happened. A safe person will listen and put your wellbeing first. Talking to a trusted adult is always the right thing to do.



You can report harmful behaviour online to the **eSafety Commissioner** at esafety.gov.au/report.

Come back to this reflection tool at any time. Everyone deserves support and people in their corner to help them. If you are still finding your safe people, that is okay.

Connected resources

- ◉ How do I support someone?
- ◉ What if I don't want to tell someone?

Where to get more help

If you need further support, help is available:

Kids Helpline: 1800 55 1800 or kidshelpline.com.au. Free, confidential counselling for bullying and other harmful behaviours, school issues, online harm and wellbeing, available 24/7.

Beyond Blue: 1300 22 4636 or beyondblue.org.au. Mental health support for stress, anxiety or overwhelm, available 24/7.

Lifeline: 13 11 14 or lifeline.org.au. Crisis support and counselling if things feel overwhelming, available 24/7.

Dolly's Dream Bullying Support Line: 13 36 55 (13 DOLLY) or dollysdream.org.au. Counselling and guidance for children and young people experiencing bullying and other harmful behaviour, available 24/7.

headspace/ehespace: 1800 650 890 or headspace.org.au. Mental health, wellbeing and early intervention support, available 9 am–1 am daily.

1800RESPECT: 1800 737 732 or 1800respect.org.au. Sexual assault, family and domestic violence counselling line for anyone who has experienced, or is at risk of, family and domestic violence and/or sexual assault, available 24/7.

13YARN: 13 92 76 or 13yarn.org.au. Culturally safe 24/7 support for Aboriginal and Torres Strait Islander people.

QLife (LGBTIQA+ young people): 1800 184 527 or qlife.org.au. Free, anonymous peer support and referral service, available 3 pm–9 pm daily.

eSafety Commissioner: esafety.gov.au. Report cyberbullying, get advice and request content removal support.

Australian Human Rights Commission: humanrights.gov.au. Support for cases involving discriminatory harm. Reports can be made via their website or by emailing infoservice@humanrights.gov.au.

State, territory and non-government education sectors will reflect the expectations of the National Framework for Addressing Bullying in Australian schools in their policies and procedures by Term 1 2027. This includes making reasonable efforts to initiate a response to bullying and harmful behaviour within two school days, recognising that further time may be required to fully address the issue. By Term 1 2027, all schools will also publish or link to policies and procedures that align with the National Framework (or equivalent contemporary jurisdiction specific Frameworks) and their local policies and school context.